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2 charged in January stabbing

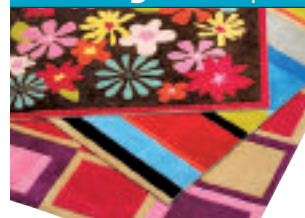
DEATH City cops have charged two men in relation to a botched home invasion that resulted in the stabbing death of a man in January.

On Jan. 9, 43-year-old Kevin Bowser died from blood loss after he was attacked and stabbed in his Rossbarrow home in the city's southwest.

Acting homicide Staff Sgt. Patty McCallum said the home invasion wasn't random and was drug related. On Saturday, police arrested and charged Alexander Benjamin Vuozzo, 20, and Michael James Wozney, 23, both of Calgary with one count each of robbery and second-degree murder.

KRISTA SYLVESTER/METRO CALGARY

Learning Curve p11



Decking out a dorm room

Your Money page 7

Marry me, and my debt

Celebrity page 18



Eva dishes on hubby #1

Olympics Sliding in for a win



Jennifer Yee of Canada advances to third base on a single by Jennifer Salling as Taiwan third baseman Li Chiu-Ching takes the throw in their softball game during the Beijing 2008 Olympic Games yesterday. Canada won 6-1. More olympics coverage, page 8,9.

Murders not 'specific' to Marlborough: Cops

Area resident says violence a society-wide problem

KRISTA SYLVESTER
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Walking through the streets of Marlborough, one wouldn't know there were three murders in just over a week — unless of course the empty streets and parks are an indication.

Saturday a young man was gunned down in broad daylight in front of friends and neighbours while on his way to a barbecue. Last week, a woman was found murdered in her on-again, off-again boyfriend's home. Four days before that, a man was found stabbed to



Trevor Kuntz

death in the middle of a townhouse complex. "I think certainly (the residents) may feel unsafe ... but in fact when you look at it ... it's not anything specific to Marlborough," acting homicide Staff Sgt. Patty McCallum said.

That sentiment is echoed by at least one area resident, 33-year-old Trevor Kuntz, who has lived in Marlborough for a few years.

"Yes, I think it has gotten worse here, but it has got-

Recent slayings

- July 30 — 17-year-old Richard McKain, stabbed in 100 block of Manora Place NE
- Aug 3 — 24-year-old Sarah Rae found stabbed to death in the 6100 block of 4th Ave NE
- Aug 9 — Unidentified male shot several times in 100 block of Marcombe Drive NE

ten worse everywhere in the city and in every major city, too," he said.

Kuntz said he lived in Toronto before moving here and saw the same thing there, and in Hamilton, Ont., and Surrey, B.C., too.

"I think it's this glorified lifestyle they see on TV, movies and hear in music. It's a problem with society, not just Calgary or Marlborough."

Dist. 4 Insp. Ray Robitaille says while the murders are distressing, the community doesn't have to worry about a new crime trend.

"There has been no trend identified and my understanding is that these incidents are unrelated," he told Metro. "In fact the number of incidents this year is below average."



Fire crew 'prepared' for gas disasters

NEIL MACKINNON
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PREPARED He can't guarantee it won't happen here, but Calgary Fire Chief Bruce Burrell said if it did, his staff would be ready.

Burrell sent condolences to Toronto's fire department yesterday for the loss of 25-year veteran Bob Leek, who died Sunday battling a massive blaze accentuated by a series of explosions at an industrial propane plant and forced the evacuation of 1,200 people within a 1.6-kilometre radius.

He said ongoing training and prior experience could lessen the impact of such an incident in Calgary.

"Bad things can happen in any municipality in Canada but Calgarians live in one that's well prepared."

Noting two large-scale industrial incidents that impacted residential neighbourhoods in 1999 and 2001, Burrell said routine inspections, regular emergency management plan reviews and risk assessments have the department ready for whatever it may face.

"I want to reassure Calgarians that we have a well-trained fire department, we have plans," said Burrell, standing in front of a multi-coloured placard showing every zone of the city's risk designation.

There are more than two-dozen high-risk zones in the city, including the airport and downtown.



Burrell

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Lela Mae Lafrance, 38, of Strathmore, has been charged with second-degree murder in relation to the shooting death of her common-law husband on Saturday in the town east of Calgary. Lafrance is set to appear in court next Tuesday. **METRO CALGARY**

Local



Warm up with cool tunes

The Calgary International Reggae Festival goes from August 14 to 16, but they have shows on August 12 and 13 for fans to warm up to the cool vibes from the Caribbean. Go to www.calgaryreggaefestival.com to find out who will be playing and where.

METRO CALGARY



Citytv

ROGERS™

Seniors evacuated from SE fire

NEIL MACKINNON
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CARELESS SMOKING A three-alarm blaze at a southeast senior's complex sent three people to Peter Lougheed hospital suffering smoke inhalation and forced the evacuation of about 80 people early Monday morning.

Return

Residents returned to 105 suites yesterday, but four suites in the wing directly affected by fire remained closed.

Around 4:42 a.m., Calgary's emergency response personal responded to a call of smoke pouring out a main floor window at Bethany

Care Foundation-operated Wilkinson House, 2939 - 26 Ave. SE, and fire crews immediately assisted in evacuating 109 suites on the premises, helping seniors escape through windows and patio doors.

The fire, started as a result of careless smoking, was contained to one suite and caused \$140,000 damage said Calgary Fire Department's Jeff Budai.

A subsequent two alarms were requested to deal with the evacuation efforts and three Calgary Transit buses attended the scene to transport displaced occupants, who were taken to a nearby fire hall to utilize the facilities.

Budai said panic was kept to a minimum through effective evacuation techniques and people escaping through windows are pretty common.

"As soon as people see or smell smoke coming under their door, they're going to look for any means of escape they can find," Budai said.



Sarah Code, one of several roommates in an overcrowded two-bedroom home, shows one example of how well-used the electrical outlets are. Breakers often flip because of how many things the friends plug in.

Cramped quarters lead to rooming problems

High rent, low availability creates safety problems

ALICIA FOX
for Metro Calgary

Cramped living quarters is nothing new to Calgarians.

After an electrical overload on July 31 sparked a fire that killed two of eight tenants crammed into a residence listed as a single family dwelling, Tan Yeng Li, the landlord, was slapped 29 charges in relation to fire code violations.

But with rent high and availability low, roommates and illegal suites are all the rage.

Matt Code, who lives in

a northwest home with three other people, said there weren't a lot of other options for housing.

The two-bedroom place was built in the early 1900's and though technically legal, their place isn't always safe. Code says he thinks the fire alarms work, since the one in his room is always going off when they're cooking, but there isn't a fire extinguisher on the premises. Some of the windows don't open, either.

At any one time there can be as many as eight people in the house drawing from the electricity with boyfriends and girlfriends often there.

"If we run too many things off one plug, the breaker flips," said Code. "It's not wired for the new age."

Jeff Budai of the Calgary Fire Department recommends that if breakers are being flipped, usage should be cut down, adding that the more people there are in a dwelling,

the more risks are associated.

Once a single dwelling hits five residents, numerous other regulations come into play, according to Budai, including posting fire plans.

Calgary Fire Chief Bruce Burrell said while the department has had a Safe Housing Inspection Plan (SHIP) in place for the past 24 months, they can only inspect properties they're aware of and will be announcing a tenant-specific complaint reporting mechanism later this week.

WITH FILES FROM NEIL MACKINNON



Theo Fleury

Fleury's diamond debut a hit

VIPERS Theo Fleury had a successful debut with the Calgary Vipers over the weekend, where the Vipers left fielder and former NHL superstar knocked a pinch-hit single into shallow centerfield for his first professional baseball hit in front of 2,000-plus fans.

Unfortunately, the diminutive slugger struck out twice in at-bats in the second game of the Saturday twin bill at Foothills Stadium — but Metro still digs Theo's moxie out on the diamond.

METRO CALGARY

metronews.ca

What's online today.

Watch video reports on the impact construction has had on the homeless in Calgary's East Village and on Peacekeepers' Day's debut as a national event. Also, footage from Sunday's riots in Montreal and a report on the 90th Canadian soldier to be killed in Afghanistan.

Read Allan Small's Investment Perspective, on the value of mutual funds in a volatile market

Weapon search on in Marlborough homicide

Acting homicide Staff Sgt. Patty McCallum said investigators are starting today to sift through the garbage collected from the alleys of the Marlborough community in hopes of finding the "sharp-edged" weapon used to kill 24-year-old Sarah Rae last week.

METRO CALGARY

Police release SW gunplay detainees

INVESTIGATION City cops have released several people in custody for questioning in relation to Sunday night's southwest gunfire.

Dist. 2 Staff Sgt. Jim Rorison told Metro the people in for questioning weren't being very cooperative with police regarding several shots fired at 17th Avenue and 18A Street SW.

"The victim isn't cooperating and the people we're talking to aren't saying much so we have nothing to go on," he said, adding no one was hit by the gunfire.

Police released the last of the people in custody yesterday without pressing charges.

"We don't have much to act on so we don't anticipate any charges on anyone," he added.

METRO CALGARY

Break and enters prompt warning

HOMEOWNERS City police are warning residents in New Brighton and Copperfield about several recent nighttime break and enters in the area.

Police are warning homeowners to be vigilant in locking their doors and windows at night since over the weekend thieves were entering homes through unlocked doors and stealing wallets and keys to steal the cars.

A majority of the cars were recovered except a 2007 Volkswagen Jetta and a 2007 BMW M6.

Most of the residents were at home sleeping during the robberies.

METRO CALGARY

July housing starts drop 19% in Calgary



Canada Mortgage and Housing Corporation statistics for July say Calgary's total housing starts were 19 per cent lower than July 2007, but that starts from the beginning of the year are still 10 per cent higher than last year.

NEIL MACKINNON

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Condominium construction is buoying sagging single-family home start-ups that would otherwise taint Calgary's overall housing start picture, according to preliminary Canada Mortgage and Housing

Corporation figures released yesterday.

While total housing starts dropped 19 per cent in July, the fourth consecutive month of decline, mainly on the weakness of single-family starts which fell 46 per cent from July 2007, a record level of condo starts in March, 2,652, put the total housing perspective

back in the black by 9.8 per cent from the same period last year, said CMHC's Lindsay Kendall.

"There's still a lot of supply out there on the resale side of things and builders are responding to that," Kendall said. "What we're seeing is much more sustainable, balanced growth and affordability is re-entering the

equation as average weekly earnings are up six per cent, rising at a stronger pace than prices."

Kendall also said price growth for all housing options are expected to see slightly positive or no growth for the rest of the year and single-family home construction starts should experience a slight increase in 2009.

No rhyme or reason for coroner workload

KRISTA SYLVESTER

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ALL IN A DAY'S WORK Everybody knows how busy the Calgary police have been with the recent spate of murders, car accidents and fires, but the lone city medical examiner has been even busier.

Dr. Sam Andrews, assistant chief medical examiner, has seen a recent spike over the last few weeks with no rhyme or reason to the body count madness.

"It's pretty hit or miss. It's really unpredictable and sometimes it just happens," he said of the recent increase of deaths in the city while taking a few minutes out of his exhausting day to speak to Metro.

But Andrews does say long weekends are generally busier, including last weekend where there were at least half a dozen deaths on the city's streets.

"On long weekends there are more motorists out and higher chance for incidents. But I don't have statistics to compare it to."

While Andrews is the lone medical examiner, he does have help from forensic technicians and assistants, but on a normal day there are 3-4 examinations and on a busy day there is upwards of a dozen.

"A simple one can take around an hour and some of the homicide ones are more complex and can take six to eight hours," he said, adding a heavy workload can be physically and mentally exhausting.

The Calgary office examines about 1,700 deaths annually from the city and surrounding areas.

METRO CALGARY

News in brief

MAN IDENTIFIED The name of a man crushed to death under an industrial trailer truck Friday has been released by the chief medical examiner. James Jacob Rin-

toul, 20, was spotting for a driver backing up an empty truck slowly, wound up under the wheels of the truck and died from his injuries at Volker Stevin

Contracting, 4540 54 Ave. SE.

MISSING KAYAKER An exhaustive two-day search failed to uncover the whereabouts of a

man who went missing on a Bow Lake kayak trip, 35-kilometres north of Lake Louise. RCMP and Parks Canada officials believe Matthew Andre Brown,

30, of Gainesville, Fla. has died. Brown was reported missing after a sudden storm passed through Saturday evening.

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Master Cpl. Erin Doyle a soldier from an Edmonton-based battalion was killed early yesterday in southern Afghanistan when insurgents attacked his combat outpost in the Panjwai district, military officials say. Doyle becomes the second soldier in three days to be killed in Afghanistan. **SOURCE: CBC NEWS ONLINE**

Canada

"I had realized what I had done, but unfortunately it was too late."

Canadian actress Paula Morgan speaking about leaving her wedding ring in a public bathroom during a costume change.



Stolen ring

Morgan, who is filming the 9/11 based movie *Diverted*, is appealing to whoever stole the rings to return them to their rightful owner.

Police chief pleads for calm after riots

MONTREAL Youths went on a rampage in a Montreal neighborhood late on Sunday, clashing with riot police and setting cars ablaze in retaliation for the shooting death of an 18-year-old man a day earlier.

The violence follows an incident in a park in the same neighborhood where a police officer fatally shot the teenager and two other men were wounded as officers tried to make arrests.

The crowd hurled bottles at firetrucks arriving on the scene to douse the fires which lit up the neighbor-

hood into the morning, reports said.

Montreal police Chief Yvan Delorme called for an end to the violence and said the police are willing to do what it takes to improve relations with the community. "They want to send the society a message, and I received that message," Delorme said. "I have to work with all the community to find the solution." **REUTERS**



OnlineVideo
www.metronews.ca



Daniela Valente sits on a bench as she waits to be let back into her home the day after large explosions occurred at a propane facility in Toronto yesterday.

Toronto recovering

City cleanup continues after explosion

Toronto is picking itself up and dusting itself off after Sunday's massive propane explosion turned the area into a wasteland.

There's a lot of dusting to do and it won't be cheap. The price tag on property damage and compensation for lost business is likely to be tens of millions of dollars. Some residents and store owners say they don't have insurance. Mayor David Miller said

recovery help

Home Depot offered residents free plywood to cover damaged windows.

Toronto couldn't stop the Sunrise plant from being built in a residential area. Miller vowed to try to root out other potentially lethal combinations of industry and housing. But he said once Ontario's Technical

Standards and Safety Authority had approved Sunrise's application, the city's hands were tied. The blast at the propane distribution plant drove some 12,000 people from their homes. Firefighter Bob Leek died during the day-long battle to control the blaze.

TORSTAR NEWS SERVICE



OnlineVideo
www.metronews.ca

Afghanistan security firms in spotlight

SOLDIER DEATH The role of private security firms in Afghanistan is under renewed scrutiny as Canadian military investigators try to determine whether friendly fire by guards-for-hire killed a young Canadian soldier.



Master Cpl. Josh Roberts

The Canadian military would not comment yesterday, saying the matter is under independent investigation. But Stars and Stripes, an American military newspaper, posted an article and video that showed the officers suggest the convoy of private security guards opened fire, apparently thinking they were under attack.

"Their normal contact drill is that as soon as they get hit with something, then it's 360, open up on anything that moves," Maj. Corey Frederickson, part of a Canadian advisory team that trains and mentors the Afghan army said. "We think that's probably what happened."

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Some large whale species such as the humpback, minke and southern right whale are recovering from a threat of extinction, helped by curbs on hunts since the 1980s, but many small species are still at risk, the International Union for Conservation of Nature said. **REUTERS**

World/Business

Georgia calls for help over Russian invasion

Moscow ignores Western pleas to halt incursion

Georgia called for international intervention yesterday and pulled its battered forces back to the capital, as Russian troops pushed deep into its territory, ignoring Western pleas to halt.

President Mikheil Saakashvili said Russian forces had taken control of Georgia's main east-west route, effectively bisecting the country.

Moscow snubbed a plea

Convoys to Armenia

The U.S. State Department said yesterday at least 170 American citizens from Georgia, as well as dependents of

embassy staff in the capital Tbilisi, joined several U.S. convoys bound for Armenia because of fighting with Russia.

from the Group of Seven (G7) industrial powers for a ceasefire. It said Georgia had not kept a promise to halt fighting and was shelling the Russian-held region of South Ossetia

where the conflict began last Thursday.

A feeling of uneasiness pervaded Tbilisi as for the first time in four nights, city streets were largely empty, with no evening

demonstration by the president's supporters.

The conflict erupted last Thursday when Georgia sent forces to retake South Ossetia, which threw off Georgian rule in the 1990s and declared itself independent, albeit without international recognition.

U.S. President George W. Bush urged Russia yesterday to end its armed conflict with Georgia.

REUTERS

Business

Canadian dollar seen dropping to 90 cents

CURRENCIES The Canadian dollar is more likely to drop below 90 cents US than return to recent levels above the greenback, as a faltering world economy and lower commodity prices put Canadian growth under pressure.

After being kicked out of the tight range it occupied from last November until late July, the Canadian dol-

lar has not been able to halt a steepening slide that has it headed for its lowest level in well over a year.

Shaun Osborne, chief currency strategist at TD Securities, said he expects the norm for the Canadian dollar to be somewhere in the range of 90 to 95 cents in the next three to five months.

THE CANADIAN PRESS

Trump sues former lawyers

NAME New York property developer Donald Trump is suing his former lawyers, Morrison Cohen LLP, for \$5 million, saying the firm's use of his name on its web site and in interviews violated his privacy.

The law firm dismissed the lawsuit as an attempt by Trump to avoid paying \$600,000 in overdue legal fees.

REUTERS

In brief

AUTOMOTIVE Toyota Motor Corp. is considering exporting U.S.-made vehicles as it sees potential demand for its large pickup trucks and sport utility vehicles overseas. It is also considering cutting more temporary U.S. manufacturing jobs.

BOOK The authorized biography of billionaire investor Warren Buffett, the first written with his cooperation, is due for release on Sept. 29. **REUTERS**

Knowledge of pregnancy pill low: Survey

CONTRACEPTIVE Teenage girls living in urban centres have little knowledge about emergency contraceptives, or the morning-after pill, to prevent pregnancy, according to new research.

Dr. Cynthia J. Mollen, of Children's Hospital of Philadelphia in Pennsylvania, said although the morning-after pill can be taken up to five days after unprotected sex to prevent a pregnancy, "multiple misconceptions" about emergency contraceptive pills exist.

Among girls who were not sexually active, 50 per cent had never heard of the morning-after pill, and just four girls who had heard of it knew when to use it or how to obtain it.

REUTERS

Neuroscientist Pakistani women show solidarity



Islamist party activists show solidarity with U.S.-trained neuroscientist Aafia Siddiqui during a demonstration in Hyderabad, Pakistan, yesterday. Pakistan has demanded consular access to Siddiqui, a Pakistani woman with suspected links to al Qaeda, who is due to be arraigned in New York today on charges of attempting to murder U.S. troops and FBI agents in Afghanistan.

AKRAM SHAHID/REUTERS

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business 7

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Love in a time of pre-nups

SmartCookies



So the discussion of prenuptial agreements might seem a little unromantic and out of place amongst talk of dresses and honeymoon destinations, but if you want to protect your financial future a pre-nuptial agreement is the way to go. Marriage, after all, is not just about joining your lives; it's about joining your bank accounts, your assets and (unfortunately for one of you!) your debts.

Drafting up an agreement before your wedding day will give you both an opportunity to decide what will happen to income and assets if the marriage ends. For the hopeless romantic, talking about the 'D word' before even walking down the



With almost half of Canadian marriages ending in divorce, it's realistic to think you could be part of those stats.

aisle might be a bit much, but with almost half of Canadian marriages ending in divorce it's realistic to think you could be part of those stats. Talking about money before your big day can save heartache in the long term.

Of course it doesn't make sense for everyone to have an agreement drawn up before marriage but there are many situations in which you would be smart to consider it. For example, when you bring a home, stocks or inheritance into the marriage or if you are part owner of a family cottage or business,

then you might want to protect the assets you and your family worked hard to obtain. Other reasons include when one of you has significantly more money than the other coming into the marriage or can foresee a significant amount coming your way in the very near future. An agreement is also important when one or both of you have children from a previous marriage.

When you begin to discuss the terms of your agreement be sure to draft up an initial document yourself that you can bring to the lawyer. Having a

well thought-out plan will save you time and money because you won't be starting from scratch while paying your lawyer by the hour.

And yes, it is essential to make sure the pre-nup is legally drawn up with a lawyer. Steven Spielberg's bank account is millions of dollars lighter these days because his pre-nup was written on the back of a napkin on his wedding day.

Of course, just like wills, pre-nups can be updated.

After years of wedded bliss you might want to review your pre-nup and make adjustments to previous decisions. Pre-nups are flexible and you should be, too. After all, marriage is as much a financial union as it is a physical and emotional one.

If you have questions for the Smart Cookies, e-mail us at smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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MoneyMatters

Henry Choo Chong

For this week's column on whether to borrow money to invest, visit metronews.ca.

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Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Canadian rowers cruise

Heavily favoured men's eight dominate foes en route to berth in final

First, they got a ball cut off. Then, they almost got run over.

It was quite the eventful start for the Canadian men's world champion eight in their quest for Olympic rowing gold.

The Canadians narrowly avoided a collision with Australia in a bizarre incident in their opening heat yesterday, but went on to easily win to advance to Sunday's final.

"Now, it's about becoming Olympic champions," said Jake Wetzel of Victoria.

A day after their first race was postponed by a thunderstorm, the Canadians had to deal with a number of distractions.

First, as they were readying themselves on the start line, the starting gate came up and chopped off their bow ball. Coxswain Brian Price got the attention of officials, who decided the Canadians could proceed without the protective rubber piece at the end of the boat.

When the race began, the Canadians got out in front while the Australians tried to put up a challenge. Canada was ahead by more than a boat-length well into the race when the Australians, suffering a rudder malfunction, suddenly veered



Canada's men's eight dominated in the water yesterday at Shunyi Olympic Rowing-Canoeing Park at the Beijing Olympics.

into their lane, almost clipping them.

"I'll tell you, this has been a bizarre Olympics," said Wetzel. "The next thing we know Australia's in our lane, which in 10 years of rowing I've never seen anything like that.

It's just bizarre. All of a sudden you saw them coming over and they just about hit the back of our boat."

Still, the Canadians seemed to take it in stride, yuking it up and appearing to be a fairly loose bunch after the race.

"The Games is a big show, it's a big circus," said Adam Kreek of London, Ont. "It's living up to its expectations. It's great."

Wetzel said there's one

thing that's surprised him so far.

"The only thing that's unexpected is it's in China and the Chinese haven't thrown anything at us yet," he said. "I was expecting something bizarre to be happening here, but it's gone very smoothly."

Added Kreek: "You hear stories from the Communist Games back in the '60s and '70s of like, fire alarms going off at midnight and dirty tricks like that being played, but

none of that's happening."

It's really a perfect setup for the Canadians for the final. They didn't have to extend themselves in the opening heat — which they won by more than seven seconds over Poland — and now they don't have to row in the repechage today.

Great Britain had a faster time by two seconds in winning its heat which, as the Canadians said, "keeps us on our toes."

TORSTAR NEWS SERVICE

Bay just misses out on no-hitter

SOFTBALL The Canadian women's softball team dominated Chinese Taipei early this morning, winning 6-1.

The Canadian contingent were led by two players, pitcher Lauren Bay of Trail, B.C.; and infielder Megan Timph of Simcoe, Ont. Bay, the sister of Red Sox slugger Jason Bay, had a no hitter into the fifth inning while Timph was the offensive catalyst, going 3-3 and adding three RBIs.

Wilkinson looks good in semis

SWIMMING Julia Wilkinson of Stratford, Ont., had an impressive showing in the women's 200 metres individual medley semifinal this morning, tying for second in her heat with a time of 2:12:03, just 0:19 seconds behind first place qualifier Natalie Coughlin of the United States.

Wilkinson, 21, will look to build on her strong showing in the final tomorrow.

METRO NEWS SERVICES

Sports in brief

BADMINTON Val Loker of Laval, Que., and Mike Beres of Ottawa were eliminated in mixed doubles in straight sets 21-9, 21-9 by Thailand early this morning in Beijing.

FIELD HOCKEY Australia thrashing Canada 6-1 in men's field hockey yesterday with Des Abbott knocking in three goals.

WATER POLO The Canadian men's water polo team were shut out 12-0 by Montenegro early this morning in Beijing.

METRO NEWS SERVICES

Women into repechage

• Canada's women's eights didn't fare quite as well as their male counterparts yesterday, as they finished third in

their preliminary round heat with a time of 6:12.68 and were relegated to tomorrow's repechage.

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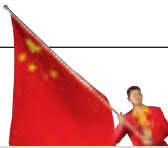
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Media

As China hoped, the world did tune in for the start of the Beijing Olympics with various polls yesterday estimating about one billion people, or 15 per cent of the world's population, watched the opening ceremony. **REUTERS**



Professor prophetic so far

Plenty of strong competitors still yet to perform in Beijing

YorkReport



marty.york@metronews.ca

Assembled in Beijing is a bevy of determined and dazzling Olympians — male and female, young and not-even-all-that-young, — and yet, as I watch these special athletes perform, I find myself thinking mostly about, um, a professor.

Damn that **Daniel K.N. Johnson**. Can't get him out of my mind.

I'd like to tell you the K and the N in Johnson's name stand for Knows Nothing, but I can't. That'd be irresponsible. The man's record actually speaks for itself. He's the dude I brought to your attention last week, the prof who devised a formula that has enabled him to forecast with uncanny accuracy how countries will fare at the Olympics.

And he emerged with a

pre-Beijing prediction of no gold medals for Canada.

Seriously, how nice would it be to imagine this man sitting in some corner at his college campus, wearing a dunce cap as his countrymen flourish in China?

Problem is, the bling thing isn't exactly happening excessively for Canadians, is it?

Heck, even Edmonton's **Susan Nattrass** — who has forever seemed to give Canada hope in trap shooting — failed to qualify for her final. She sure seemed to be sitting pretty initially but then missed a mind-boggling seven shots in the third round. And, as Susan was misfiring, I thought I heard Professor Johnson cackling.

Damn him.

"I was in front of targets," Nattrass lamented. "I was behind targets. Over targets. Under targets. It was a mess. I need to go cry somewhere."

And, at 57, Susan likely is done as an Olympian. Not

that she should cry or feel any shame whatsoever. She first competed at the Montreal Olympics, with men, in 1976. Chaps she competed against then are grandpas with pot bellies now. I say Nattrass is a legend, even without a medal.

And ditto for **Jujie Luan**, the 50-year-



Jujie Luan

old fencing icon who won gold for China back in 1984 but couldn't get past her second opponent in Beijing as a Canadian Olympian.

Yes, Canadians have been falling early — including **Anna Rice** in badminton and **Frank Dancevic** in tennis. But I say authentic gold possibilities still loom. Maybe kayaker **Adam van Koeverden**. Possibly swimmer **Brent Hayden**. Perhaps taekwondo champ **Karine Sergerie**. There's the men's eight rowing team, which demolished opponents in its first heat on Chinese waters. And maybe, just maybe, even runners **Gary Reed** and/or **Tyler Christopher** can garner gold.

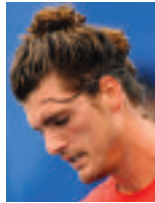
And if Reed or Christopher succeed, I'd encourage them to pick up one of those omnipresent cones at the track and bring it back home, where it can be utilized as a dunce cap. For Professor Johnson.

Damn him.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Canadians crumble on court

TENNIS Daniel Nestor of Toronto and Frederic Niemeyer of Deauville, Que., were bounced in the opening round of the Olympic men's doubles tournament yesterday by brothers Andy and Jamie Murray of Great Britain.



The Canadian duo won the first set on the strength of a strong service game

but fell 4-6, 6-3, 6-4 to the brothers from Scotland.

In men's singles action, Frank Dancevic of Niagara Falls, Ontario lost to world No. 10 Stanislas Wawrinka of Switzerland 4-6, 6-3, 6-2. Dancevic was a last minute addition to the singles draw, having less than a day to prepare.

METRO NEWS SERVICES

Medal count

Rank	Nation	Gold	Silver	Bronze	Total	Rank	Nation	Gold	Silver	Bronze	Total
#1	China	9	3	2	14	#22	Thailand	1	0	0	1
#2	U.S.	3	4	5	12	#23	Austria	0	1	0	1
#3	S.Korea	4	4	0	8	#24	Colombia	0	1	0	1
#4	Italy	3	3	2	8	#25	Hungary	0	1	0	1
#5	Russia	0	4	2	6	#26	Norway	0	1	0	1
#6	Australia	2	0	3	5	#27	Slovakia	0	1	0	1
#7	France	0	3	2	5	#28	Sweden	0	1	0	1
#8	Japan	2	0	2	4	#29	Turkey	0	1	0	1
#9	N.Korea	0	1	3	4	#30	Vietnam	0	1	0	1
#10	Britain	2	0	1	3	#31	Zimbabwe	0	1	0	1
#11	Holland	1	1	1	3	#32	Algeria	0	0	1	1
#12	Czech Rep.	2	0	0	2	#33	Argentina	0	0	1	1
#13	Finland	1	0	1	2	#34	Belarus	0	0	1	1
#14	Spain	1	0	1	2	#35	Croatia	0	0	1	1
#15	Cuba	0	1	1	2	#36	Georgia	0	0	1	1
#16	Germany	0	1	1	2	#37	Switzerland	0	0	1	1
#17	Brazil	0	0	2	2	#38	Taiwan	0	0	1	1
#18	Indonesia	0	0	2	2	#39	Tajikistan	0	0	1	1
#19	Azerbaijan	1	0	0	1	#40	Uzbekistan	0	0	1	1
#20	India	1	0	0	1		Canada	0	0	0	0
#21	Romania	1	0	0	1						

(Count at the end of Day 3)

Phelps adds third gold to haul

Michael Phelps smashed another world record early this morning at Beijing's Water Cube to force his way into the pantheon of Olympic greats.

American Phelps carved almost a full second off his own world record to win the 200 metres freestyle to claim his third gold medal in as many days.

Coupled with his six from Athens in 2004, he joined compatriots Carl Lewis and Mark Spitz, Finland's Paavo Nurmi and Soviet gymnast Larisa Latynina at the top of the pile with nine career golds.

Phelps' teammates Aaron Peirsol and Natalie Coughlin added to their Olympic stockpiles by winning the 100 backstroke titles.

Peirsol obliterated his own world record to win the men's gold while Coughlin beat Zimbabwe's Kirsty Coventry to become the first woman to successfully defend the women's title.

Only Australia's Leisel Jones prevented a U.S. cleansweep of this morning's four finals by winning the 100 breaststroke gold to capture the only title that has eluded her.

Phelps, who was beaten by Australia's Ian Thorpe in the 200 at Athens but



Michael Phelps of the United States celebrates winning gold in the men's 200-metre freestyle final early this morning at the Beijing Games. Phelps' time of 1:42.96 is a new world record.

has since made the event his own, was a body length clear at halfway and hit the wall in 1:42.96 to destroy his own world record by 0.90 seconds.

South Korea's Park Tae-Hwan, the 400 gold medalist, took silver and American Peter Vanderkaay the bronze but no-one could even get close to Phelps.

"That's great, I just wanted to be out there at the 50 metre point and be there at the 100. After that it was just open water," said Phelps, who is chasing an unprecedented eight gold medals in Beijing.

REUTERS

3 down, 5 to go

Michael Phelps' goal of winning eight gold medals means he has a heavy workload, competing in 17 races, including heats, in less than a week. With three finals down, here's how the rest of Phelps' week shapes up:

- Tonight, 9:18 p.m. 200m butterfly
- Tonight, 10:16 p.m. 4x200m freestyle relay
- Thursday, 9:45 p.m. 200m individual medley
- Friday, 9:07 p.m. 100m butterfly
- Saturday, 9:55 p.m. 4x100m medley relay

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Sports



Jankovic new world No. 1

The Sony Ericsson WTA Tour has crowned Jelena Jankovic, left, as the new world No.1, as the official rankings were published yesterday. Jankovic replaces Serbian compatriot Ana Ivanovic, who drops to No. 2. Russia's Svetlana Kuznetsova is ranked third, American Venus Williams moved up one spot to fourth and Russian Maria Sharapova rounds out the top five.

METRO NEWS SERVICES

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Stamps get well deserved rest

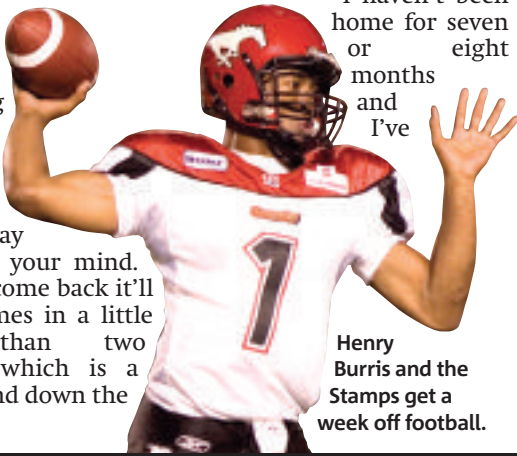
Bye week gives players a chance to forget football for a little while

DAN TOTH
for Metro Calgary

The Calgary Stampeders are delighted to say “bye” for a week.

The Canadian Football League’s West Division stadiums will be dark during a scheduled break in the season and with seven days off the players are scattering for some R and R. Many are heading home to U.S. cities or to locales across Canada. Others, who call Calgary home, will jet off for a quick vacation. They’ll return to the practice field next weekend to prepare to face the B.C. Lions Aug. 22 in Vancouver. The earned time away from football is as much

about resting the mind as rejuvenating the body. “It’s good to get away and clear your head,” said quarterback Henry Burris. “When you’re here in Calgary pretty much all you think about is football. You’re watching film or in meetings or talking about the game. It’s always good to get away and clear your mind. Once we come back it’ll be 11 games in a little more than two months, which is a tough grind down the stretch.”



Henry Burris and the Stamps get a week off football.

Placekicker Sandro DeAngelis, a Niagara Falls, Ont., native, will head home to spend time with his family but, thanks to his nephews, won’t get away from football entirely.

“I haven’t been home for seven or eight months and I’ve

got two nephews who are little maniacs,” DeAngelis said. “They’re playing football now and one little guy plays for the Stampeders and wears No. 12, just like me, so that’s pretty cool. I’ve also got a 98-year-old grandmother, so I like to spend a lot of time with her. “I’ll also be hanging out with my brothers, my two best friends, maybe go to the casino in Niagara Falls but nothing too crazy. Every time I go to the casino I get slapped but I play some blackjack or maybe roulette but I never win anything.” Running back Joffrey Reynolds, whose roots run deep in Tyler, Tex., is rush-

ing back to the Lone Star State to be with his young daughter and to visit old friends, completely clearing his head of football. “I head back to Tyler and see my little girl, she’s starting school, so I’ll help her get supplies and ready, and spend some time in Houston. I don’t do too much training during the bye week, just maybe some pushups and then rest my body for when we return.” Receiver Brett Ralph is also “heading south” but the Raymond, Alta., product doesn’t have far to go. “I’ll just head back to Raymond and play golf a bit,” Ralph said. “I’m going south but it’s only about two hours down the road.”

Doughty signs with L.A. Kings

NHL The Los Angeles Kings agreed to terms on a three-year entry-level contract with defenseman Drew Doughty yesterday. Per team policy, terms were not disclosed. Doughty was the Kings’ second-overall draft pick in last June’s draft. The 18-year-old registered 13 goals and 50 points in 58 regular-season games with the Guelph Storm.

METRO NEWS SERVICES

Sports in brief

MLB The Tampa Bay Rays placed rookie third baseman Evan Longoria on the 15-day disabled list yesterday with a fractured right wrist. Longoria was hit by a pitch from Seattle Mariners’ J.J. Putz which caused the injury. The 22-year-old All-Star was hitting .278 with a team-best 22 home runs, 71 RBI.

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MLB Blue Jays power past Tigers 7-2



Toronto Blue Jays catcher Rod Barajas, right, celebrates at home-plate with Adam Lind after Barajas hit a solo home-run against the Detroit Tigers during the sixth inning of yesterday's game in Detroit. The Blue Jays defeated the Tigers 7-2.

SCOREBOARD

MLB

AMERICAN LEAGUE	Philadelphia 64 53 .547 —	Minnesota 4 N.Y. Yankees 0	Philadelphia at L.A. Dodgers, 8:10
EAST DIVISION	N.Y. Mets 62 56 .525 2½	Boston 5 Chicago White Sox 1	CFL
W L PCT GB	Florida 62 57 .521 3	NATIONAL LEAGUE	WEST DIVISION
Tampa Bay 71 46 .607 —	Atlanta 55 63 .466 9½	Milwaukee 7 Washington 1	W L T PTS
Boston 68 51 .571 4	Washington 44 75 .370 21	Pittsburgh 7 N.Y. Mets 5	Saskatchewan 6 1 0 12
N.Y. Yankees 63 56 .529 9	CENTRAL DIVISION	St. Louis 4 Florida 2	Edmonton 4 3 0 8
Toronto 60 59 .504 12	W L PCT GB	Houston 3 San Francisco 1	CALGARY 4 3 0 8
Baltimore 56 61 .479 15	Chicago Cubs 71 47 .602 —	Philadelphia at L.A. Dodgers	B.C. 4 3 0 8
CENTRAL DIVISION	Milwaukee 68 51 .571 3½	TODAY'S GAMES	EAST DIVISION
W L PCT GB	St. Louis 66 55 .545 6½	AMERICAN LEAGUE	W L T PTS
Minnesota 66 52 .560 —	Houston 59 59 .500 12	Toronto at Detroit, 5:05	Montreal 4 3 0 8
Chicago Sox 65 52 .556 ½	Pittsburgh 54 64 .458 17	Texas at Boston, 5:05	Toronto 3 4 0 6
Detroit 58 60 .492 8	Cincinnati 52 67 .437 19½	Baltimore at Cleveland, 5:05	Hamilton 2 5 0 4
Kansas City 54 64 .458 12	WEST DIVISION	N.Y. Yankees at Minnesota, 6:10	Winnipeg 1 6 0 2
Cleveland 52 64 .453 12½	W L PCT GB	Kansas City at Chicago White Sox, 6:11	WEEK 8
WEST DIVISION	Arizona 60 58 .508 —	Tampa Bay at Oakland, 8:05	THURSDAY'S GAME
W L PCT GB	L.A. Dodgers 58 59 .496 1½	Seattle at L.A. Angels, 8:05	Hamilton at Winnipeg, 6
L.A. Angels 74 43 .632 —	Colorado 53 67 .442 8	NATIONAL LEAGUE	FRIDAY'S GAME
Texas 61 58 .513 14	San Francisco 50 67 .427 9½	Cincinnati at Pittsburgh, 5:05	Montreal at Toronto, 5:30
Oakland 54 63 .462 20	San Diego 46 72 .390 14	Chicago Cubs at Atlanta, 5:10	BASEBALL
Seattle 45 73 .381 29½	YESTERDAY'S RESULTS	N.Y. Mets at Washington, 5:10	GOLDEN BASEBALL LEAGUE GAMES
NATIONAL LEAGUE	AMERICAN LEAGUE	St. Louis at Florida, 5:10	FEATURING THE CALGARY VIPERS:
EAST DIVISION	Toronto 7 Detroit 2	San Francisco at Houston, 6:05	TONIGHT'S GAME
	Cleveland 13 Baltimore 8	Arizona at Colorado, 7:05	CALGARY at Long Beach, 8:05
		Milwaukee at San Diego, 8:05	

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 2.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Dorm room chic



Assorted carpets. Angela Adams Lulu pool wool area rug, top, \$599, at Home Depot, homedepot.ca. Area rugs (4x6), \$34.97, Wal-Mart, wal-mart.ca. Also available in flower, stripe and square pattern.

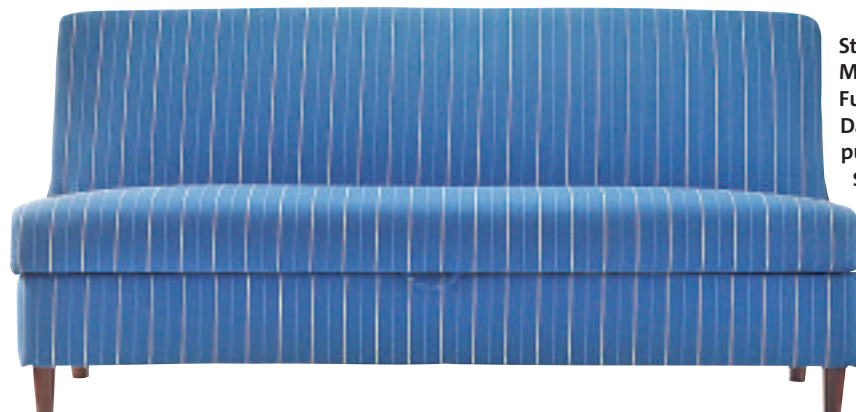


Reed diffusers, \$18 each, Pier 1 Imports, pier1.com.



Pink ottoman with storage inside, \$24.97, available at Wal-Mart. Also available in black, white and lime. Visit wal-mart.ca for locations.

Magazine hanger, \$15, Pier 1 Imports, pier1.com.



Style Factory Multi-Functional Davenport pullout couch, \$400, Sears, sears.ca.



Red lacquer table, \$159.99, and linen slipper chair, \$399.99, both by HomeSense. Available at Homesense.ca.



Various candle holders — Abbot Square, \$9.99, mini, \$5.99, and flower votive holder, \$9.99 — available online only at homedepot.ca.

IKEA/PS lockable laptop workstation, \$59.99. Also available in red. Go to ikea.ca for store locations.



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Healthy snack options

To avoid the "Frosh 15," Weight Watchers recommends some easy-to-prepare and healthier alternatives when dining in a college cafeteria:

- **Mexican Lovers:** Instead of munching on a burrito loaded with all the high calorie fixings, make a bean quesadilla. Top half a large tortilla with beans (lots of protein for energy) and nutritious veggies, such as diced tomatoes, chopped onions and salsa, and a bit of shredded low-fat cheese if it's available.
- **Italian Night:** Pasta Primavera. Enjoy those comforting noodles with lots of vegetables, such as broccoli and mushrooms. Top with tomato sauce.
- **Potato Power:** For a meal loaded with fibre and flavour, top a plain baked potato with mixed raw veggies and salsa.
- **Super Salad:** Combine mixed greens with tons of raw veggies (carrots, peppers, tomatoes, beets, etc.), torn turkey-breast slices or cubed tofu, beans (make sure they're not swimming in oil) and a splash of a reduced-calorie dressing. Top with a teaspoon or two of sunflower seeds for a bit of crunch and toss.

• **Snacks on the Go:** Grab an apple, pear, orange — whatever is available at the cafeteria — for dessert and for snacks later in the day. Load up on raw vegetable sticks from the salad bar for snacks, too. (Keep some small zip-close plastic bags in your knapsack.)

— LEYLA EMORY

'Frosh 15' unavoidable

Cut down on snacking while studying, experts say

LEYLA EMORY
for Metro Canada



Frosh and 15 go together like rum and coke. With a new crop of bright-eyed students poised to enter the halls of higher education, there are ways to keep the expansion to the mind and not the waistline.

"People tend to drink more calories," says Dr. Natasha Turner ND, the clinical director and owner of Clear Medicine (clear-medicine.com). "They eat late at night. They mindlessly snack when studying. They get caught up with the rigours of class and stop exercising."

Dr. Alison Duncan of the Department of Human Health and Nutritional Sci-

ences at University of Guelph agrees. The changes aren't in what students eat, but how they eat, and a failure to burn it off, according to a study she and a colleague conducted.

"Anecdotally, we found that people weren't having the breakfast-lunch-dinner pattern. So even though the calories and nutrients weren't changing, when they ate, combined with the lack of activity, may have contributed to weight gain. For instance, a lot more late-night eating and less breakfast consumption."

Not good, warns Turner. "Don't skip meals," she says. "Make sure to have protein at breakfast and try not to eat in the three-hour period before bed."

She also recommends drinking lots of water.



An increase in computer use and study time can contribute to weight gain, as can drinking a lot of calories, experts suggest.

"Most people confuse hunger for thirst."

And always take your vitamins. "A multi-vitamin with fish oil can prevent weight gain and prevent cold and flus."

There's also what you eat. "Avoid temptation," says Jessica Smerling, RD, the corporate program development specialist at Weight Watchers. She recommends filling the mini fridge with healthy snacks "like pre-cut carrot sticks, fresh fruit and low-fat yogurt."

In regards to the cornucopia that is the dining hall, Smerling offers this advice: "Fill half the plate with salad or vegetables, a quarter with protein (preferably lean) and the remaining

quarter with starch (preferably whole grain)."

And then there's physical activity, or lack of it. Duncan's study showed an increase in computer use and study time. "Students going for a walk in their study groups" is one way to combat the sedentary life of a scholar, says Duncan.

"[Exercise] doesn't have to take a lot of time," says Turner. "You can get away with doing high intensity, shorter, harder workouts three times a week. So even on a tight schedule, you can do things in the dorm room like push-ups, sit-ups, and lunges."

"It takes up less time but you'll get just as effective fitness gains."



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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 2.

Season of change

Post-secondary schools launching new programs

ALICIA FOX
for Metro Canada



Change is sneaking its way into post-secondary institutions around Calgary.

While the University of Calgary is launching some shiny new programs, major alterations are being made to existing programs at SAIT and Mount Royal College.

Furthering its dream that started way back in the 1930s of becoming a university, Mount Royal is scratching its applied degrees and introducing full baccalaureate degrees which Robin Fisher, provost and vice president of academics at the school, said will give students more opportunities — especially in furthering their education beyond

a bachelor's degree.

"We've been working towards this for a long time," he said. "What's exciting is that we're getting there."

Replacing its applied degrees in communications studies, which includes majors in journalism, public relations, and information design, the full bachelor degrees will still have work experience like the applied degrees did, but will include more university-level arts and science courses.

Other bachelor degrees the college will be offering are those in arts, science, criminal justice, business administration, and nursing — the latter of which has been available for a year now.

New in the Bachelor of Arts degree are several majors including anthropology, sociology, Spanish, and



SAIT's journalism program is being modified this year.

policy studies, which Fisher said were developed for their own sake as well as for add-ons to other degrees.

"The old myth that arts students don't get jobs is untrue," he said. Changing the degrees also means changing faculty roles and becoming a member of the Association of University and Colleges of Canada, which is necessary for these degrees to be recognized in other institutions.

SAIT is not to be left behind.

With new programs in network security launched last year, restructuring is constantly taking place with feedback from students and employers.

The journalism program is also being examined and modified to fit the changing times in the media world.

Professionalism has been a major focus lately, which Mary Resch, associate dean for the school of information and communications technology, said is being woven into the programs.

She said that journalism has really changed with the introduction of new technology and different demands and the programs must evolve to fit that.

"We realized that there were changes that we may have to adapt in our program," Resch said.

Veterinary studies added

ALICIA FOX
for Metro Canada



The University of Calgary is gearing up for an exciting new round of programs this fall.

Thanks to a brand new program at the University of Calgary, Alberta students longing for a job in the veterinary world of medicine now have a better chance.

New this year is a four-year degree designed explicitly for Alberta students.

"It goes without saying but it's to support the agricultural industry in Alberta," David Johnston, acting associate vice provost enrolment and registrar with the University of Calgary, said of the fully accredited degree.

The program is the fifth in Canada, and Johnston said it will expand opportunities for Alberta students.

"It got delayed by a year or two ... so it's starting for real this fall," he said.

The program will focus on several key aspects including production animal health, ecosystem and public health, equine health, and investigative medicine.

Also new this year at the

university are neuroscience and nanotechnology programs, which Johnston said the government is heavily investing in, and a film studies program where, essentially, people come out with the ability to produce films.

"While film studies isn't that new, it's the first time we've taken a look at it," he said.

So far, student enrolment has been good in all of the programs and though it's taken awhile, Johnston said it's a worthwhile process to change and introduce new courses.

Its south neighbour, Mount Royal College, is also seeing the first class of some new degrees.

As part of its new set of baccalaureate degrees, Mount Royal is introducing a new Bachelor of Criminal Justice, as well as several new arts and sciences degrees.

"It's actually a huge step towards being recognized as a university," said Robin Fisher, provost and vice president of academics at Mount Royal.

The college is currently working towards full university status.



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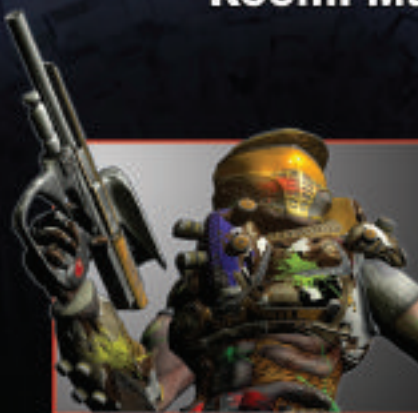
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14 learning curve



If you're moving before the school year starts, it pays to get organized and book a moving truck as far in advance as possible.

Frustration part of moving day

RAFAEL BRUSILOV
for Metro Canada

Tears, frustration and crushing traffic — all in a day's work on the busiest moving day of the year.

While the summer is already high moving season across North America, the largest number of moves happen on Aug. 31, for a couple of reasons — a large percentage of leases expire that day and it's generally one of the last guaranteed free days before the school year starts.

For people planning to move on or near that day, the strategy is simple: Get organized and booked as far in advance as you possibly can, whether you are hiring movers or just renting a truck to do it yourself.

"It's even difficult to find a rental truck. People panic and they start crying on the telephone. Book as far ahead as you can," said Frank Martin, an executive vice-president with Canada-wide moving company Premiere Van Lines.

Once you're booked, getting rid of the clutter is crucial.

"Get rid of things you don't need, because moving companies will either charge you by the hour or, for long-distance moves, by weight," Martin said.

Pack away any loose things into labelled boxes to save time and money and remember to use smaller boxes for heavier things and save the larger boxes for lighter things, to ease carrying.

For fragile or expensive items, spend the extra dough to let a professional pack them. Most moving companies will not insure owner-packed fragile

items, such as artwork, glass or fine china, so it will probably pay off in the long run to have them packed safely and correctly by a professional crew. If you want to save on packing costs, pack the non-breakable stuff yourself.

"Packing services can be pricey, so you can have the movers pack the fragile items while you pack books and papers and anything non-breakable yourself," Martin said.

Before hiring a moving company, make sure they are licensed and bonded, meaning you can make claims against them if you are unhappy with the service and the employees have undergone background checks.

"Call for references and look for moving companies affiliated with Canada-wide organizations like the Better Business Bureau or the Canadian Association of Movers. You want to avoid the pool-hall variety of mover," he said.

For students or other people with lower budgets for moves, Martin recommends avoiding the summer months altogether as prices will be highest then. The cheapest time of year to move? January.

Tips of the trade

- Save your moving receipts and records. In some cases, you can claim these expenses on your income tax as long as you move farther than 40 kilometres.
- Keep a toolbox/first-aid kit handy as the first thing you put into, and take off, your moving truck. Keep a similar box handy for bathroom supplies and medication.

I graduated with a Bachelor's degree when I was 20 years old.

Eric Bazin



Eric Bazin

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Health



Foreign-born kids less active

Foreign-born children in the United States and U.S.-born children of immigrant parents get less exercise than other kids, raising their risk of obesity and other problems, a study showed yesterday. The study, led by a U.S. government researcher, found that 11 per cent of U.S.-born children with U.S.-born parents were physically inactive, defined as having no days in a given week in which they got at least 20 minutes of vigorous exercise. **REUTERS**

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Here's the grill drill

CELIA MILNE
for Metro Canada

Nothing's better than a summer barbecue with friends and family. So here's a barbecue health reminder: Don't let raw chicken, pork or beef — or the juices from those meats — touch other foods and take the sizzle out of your fun.

The danger is that Salmonella, a type of bacteria found in raw meats, can spread to foods we are about to eat.

"One of the ways that infection occurs is through cross-contamination of raw and cooked foods. This can be a common occurrence during barbecuing," says Dr. Amit Bhavsar, an expert on Salmonella at the Canadian



Salmonella can occur by placing cooked meat on the same plate that held raw meat.

Institutes of Health Research, based at the University of British Columbia in Vancouver.

A typical no-no? Slicing strawberries on a wooden cutting board that was used

for raw chicken and not cleaned properly.

Or placing cooked meat on the same plate that held the raw meat. Think of utensils as possible germ carriers as well. "I would even sus-

pect that using a pair of tongs to place raw chicken on the barbecue and removing the cooked meat without washing them could lead to cross-contamination," suggests Bhavsar.

Salmonella facts

- According to Health Canada, approximately 6,000 to 12,000 cases of Salmonella are reported in Canada each year. Because many milder cases are not diagnosed or reported, or are believed to be the "stomach flu," the actual number of infections is estimated to be many times more. **METRO NEWS SERVICE**

Salmonella poisoning can put a very quick end to an otherwise fun barbecue party. Signs of Salmonella-related gastroenteritis are diarrhea, abdominal pain, fever, nausea and muscle pain. Usually resting and drinking lots of fluids is all that is needed to recover.



Fantastic flax

NUTRITION Flax has been around since the beginning of civilization. Today, this fascinating crop grows primarily in the cool Canadian prairies and is increasingly being called a superfood. Traditionally, flax fibre was used in the production of textiles, but it didn't take long for the healing properties of flax to be revealed as a remedy for blood cholesterol control, hormone balancing, superior digestion, cancer protection, and beautiful skin, hair and nails.

ALIVE MAGAZINE

A productive office of one

HineSight

Anne Hines



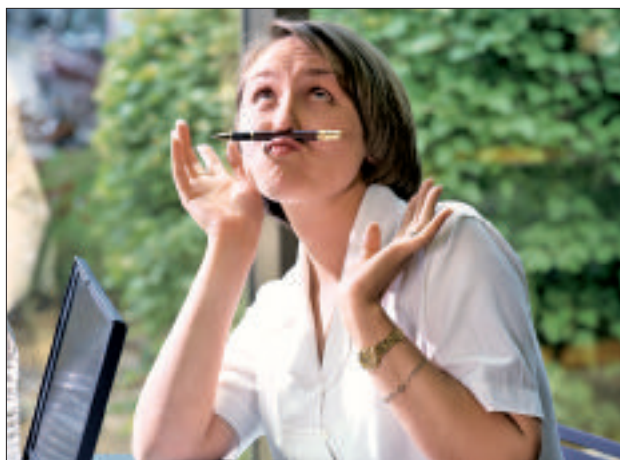
Working from home — the ultimate dream. Well, not working at all — that would be better. And, not being at home would be good. So... lying on a beach tended by cabana boy, Brad Pitt, wearing a leopard skin thong — the ultimate dream.

But for those who haven't achieved that yet, working from home comes in a close second place.

Being a Metro columnist means spending many work days at home, writing. I'm just like Carrie in Sex and the City except without the great clothes, men, cocktails and doing anything that involves staying out past 9 p.m.

There are downsides to working alone. When everyone else is whooping it up at holiday office parties, you'll be wondering if you should take your laptop out for a festive lunch at Mandarin. And, complaining about the boss isn't nearly as much fun.

The upside is setting your own schedule. Here's mine:



Procrastinating is part of the job when you work from home.

9 a.m.: At desk, ready to work. Had great column idea last night: "Top Ten reasons to stay friends with your ex-spouse. #1. Do it for your children — sooner or later you're bound to want him to take them off your hands."

This column will write itself. Turn on computer. Surprised to find it hasn't.

9:05 a.m.: Check Internet for vital, breaking news. Whoopi Goldberg has slept with 50 different men. Doesn't say if it was all at once. Might write about that instead.

9:13 a.m.: Scan weather site in case of monsoon warning.

9:35 a.m.: Mother calls. Very annoying. Explain patiently that just because I work at home doesn't mean

I'm just sitting around staring out the window.

9:40 a.m.: Sit and stare out window.

9:45 a.m.: So bored am ready to gnaw own arm off. Telemarketer calls. He finally hangs up, claiming he has things to do. Sit pondering alternatives to working, "Living in a cardboard box under a railway pass" comes to mind.

In the end, sure the commute is great, but so are things like co-workers and someone else making the coffee now and then. So maybe, when it comes to working, "there's no place like the office."

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



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Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Presley upset over 'simplified' article

PEOPLE Lisa-Marie Presley has distanced herself from an upcoming Marie Claire exclusive, accusing magazine bosses of simplifying a heartfelt interview she gave the publication, femalefirst.co.uk reports.

"I gave a three-hour heartfelt interview and what became of it was quotes that were usually about something else entirely ... simplified and taken way out of context and sprinkled randomly and erroneously throughout the two pages," Presley said.



Presley

In brief

PEOPLE Hayden Panettiere's father was arrested yesterday at the family's West Hollywood home for felony domestic violence, sheriffs confirmed.

METRO NEWS SERVICES

Hudson ready for close-up

Oscar winner steps back into spotlight with release of debut album

Jennifer Hudson doesn't drink coffee. Doesn't like it, she says. Doesn't need it, counters her manager, Miguel Melendez.

It's 6:20 a.m. on a Monday morning in July, and an uncaffeinated Hudson is busting full throttle through her warm-ups during a sound check for a performance on Good Morning America. It's her first TV appearance in support of Spotlight, the debut single from her first album.

Hudson shakes off any concerns about the ungodly hour. ("The band got there at 4:30 a.m.," she notes.) Melendez, clutches his Starbucks as he watches. "Good Lord, she makes me feel old," he sighs.

It's easy to forget Hudson's youth, perhaps



Jennifer Hudson's self-titled debut hits stores on Sept. 30.

thanks to the years she's already spent in the pop culture spotlight. At 26, her career path may be impossible to duplicate: She went from being a choir

singer at her church in her hometown of Chicago to a Disney Cruise Line chanteuse to an American Idol contestant to an Academy Award winner for best

supporting actress for her role in Dreamgirls. Thanks to the ever-expanding entertainment landscape, what this means is that Hudson has built a significant career on a multiple-octave voice — without releasing an album.

All that changes Sept. 30, when Arista/RMG releases her self-titled debut, which offers up everything from pop to R&B to gospel.

"It is risky, because people expect you to just do one thing," Hudson says. "I'm going to take the chance and show what else is a part of me."

Jennifer Hudson features Jesus Promised Me a Home Over There — a gospel tribute to the singer's days in the church choir — and You Pull Me Through, a

track that Diane Warren penned for Hudson's lung-busting balladeer side. The album will also include the classic And I Am Telling You I'm Not Going from Dreamgirls and All Dressed in Love from the recent Sex and the City soundtrack.

Besides Warren, the collaborators on the album include Ludacris, Robin Thicke, Rock City, Timbaland, Tank and the Underdogs. The first single, Spotlight, was written by R&B star Ne-Yo.

The label hopes that the album's diversity will lend it appeal across the broad spectrum of Hudson's fans, from moviegoers to those who still pen irate blog posts about her ejection during the third season of American Idol. **REUTERS**

DVD picks

Smart People

Director: Noam Murro
Stars: Ellen Page, Dennis Quaid
Rating: 14A

HOW UNFORTUNATE for Ellen Page that the terminally dull Smart People follows so soon after her breakthrough success with Juno. Her obnoxious Young Republican Vanessa seems like a nastier version of Juno MacGuff, minus the teen pregnancy. To those unfamiliar with her many varied roles in Canadian films she could seem a one-trick pony.

Directed by first-timer Noam Murro and set to the insipid guitar stylings of ex-Extreme guitarist Nuno Bettencourt, the movie is set in dreary Pittsburgh in winter.

Dennis Quaid is Lawrence Wetherhold, an English professor at Carnegie Mellon University and the widowed father of two unhappy kids: Vanessa, 17, and her older brother James (Ash-ton Holmes).

A chain of contrivances leads to Lawrence meet-

ing hospital nurse Janet (Sarah Jessica Parker), who punches the clock in the thankless role of love interest.

The film's sole spark is provided by Thomas Haden Church, who grabs a few smiles as Lawrence's freeloading brother. Church also gets a few grabbers in amongst the nine deleted scenes, which are good enough to suggest that better editing would have improved the film. Lawrence would still be insufferable, though.

There's also a commentary shared by Murro and Poirier, and here's something truly odd: A blooper reel for a downbeat film.

Page gets in a zinger when Church muffs a line: "You got nominated for an Oscar?" Too bad the rest of Smart People isn't this sharp.

TORSTAR NEWS SERVICES

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Rick McGinnis

rick.mcginnis@metronews.ca

Each of the four previous seasons had concentrated on some other aspect of the city — the corners where the gangs dealt drugs, the docks where the drugs en-

Simon has to be congratulated for putting the most realistic newsroom I've ever seen onscreen; far from the nest of amiable eccentrics or the self-impor-



Canadian actor Clark Johnson (left) played city editor Gus Haynes in the final season of *The Wire*.

Earlier this year, The Atlantic ran a long article on Simon calling him “The Angriest Man In Television,” and it’s a mark of his anger that he manages to paint the Sun’s executive and managing editors — based

It's a bleak world Simon creates — so bleak that the otherwise laudatory Atlantic piece suggest that “it suggests that his political passions ultimately trump his commitment to accuracy or evenhandedness.” There's more than a hint of vendetta to Simon's gener-

With this in mind, it's hard to fault the Emmys for their reticence in celebrating Simon's show, despite its many virtues and an almost unprecedented host of fine performances.

Rick McGinnis writes about music, movies, books and television, but not opera.

IN PRODUCTION A cancelled wedding hasn't put Salma Hayek off the institution of marriage — the newly single actress is creating a reality show about tying the knot, imdb.com reports. Hayek last month called off her engagement to Francois-Henri Pinault, the father of her daughter Valentina. But she is pressing ahead with a new show themed around weddings. Hayek's producing credits include *Ugly Betty* and TV movie *In The Time of the Butterflies*.

METRO NEWS SERVICES

Mummy unwraps overseas victory

BOX OFFICE The Mummy: Tomb of the Dragon Emperor triumphed at the international box office for a second consecutive weekend, earning an estimated \$56.1 million US from 49 territories. The China-set adventure thriller has racked up an overseas haul so far of \$141.1 million, almost double the domestic tally of \$70.7 million in the same period. Mummy easily bested the weekend's No. 2 title, The Dark Knight.

REUTERS

critics' corner

Yeah, this'll be good. Flighty and usually indecisive Faith (Kelly Ripa) has a big decision to make in Part 1 of "The Marriage." Who's she going to marry? Gooch or Larry? No one knows, least of all Faith. Both men have proposed to her, but she's not sure she wants to give up the single life for anyone. Mark Consuelos and Dean Cain guest star. 7:30 PM on CMT



Remember seeing those pictures of smokers' lungs in health class? Or maybe your school didn't get into that much detail and just held an anti-smoking assembly, like in this episode, "Butt Out." After the presentation, the boys decide to give smoking a try. They're caught and become the focal point of director Rob Reiner's anti-tobacco campaign.

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Celebrity Buzz

Eva Longoria: Starter hubby had tough go

RELATIONSHIPS Eva Longoria Parker has admitted she was a bad wife to her first husband Tyler Christopher, imdb.com reports.

The Desperate Housewives star wed the U.S. soap actor in 2002, but their marriage only lasted two years. And the star

confesses she wasn't the dutiful wife she is to her second husband, basketball star Tony Parker, insisting she was too young for marriage.

"He was a lovely man, but I was very young," she says. "I didn't know who I was, and I was still struggling as an actor. I was a terrible wife."

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Shia a little shy with the ladies

DATING Actor Shia Labeouf is convinced he's unlucky with women, because he's not a typical Hollywood playboy, imdb.com reports.

The Transformers star, 22, admits he's become a hit with the ladies since his sudden rise to fame with roles in a series of box-office smashes this summer, but insists he has yet to perfect his pickup lines.

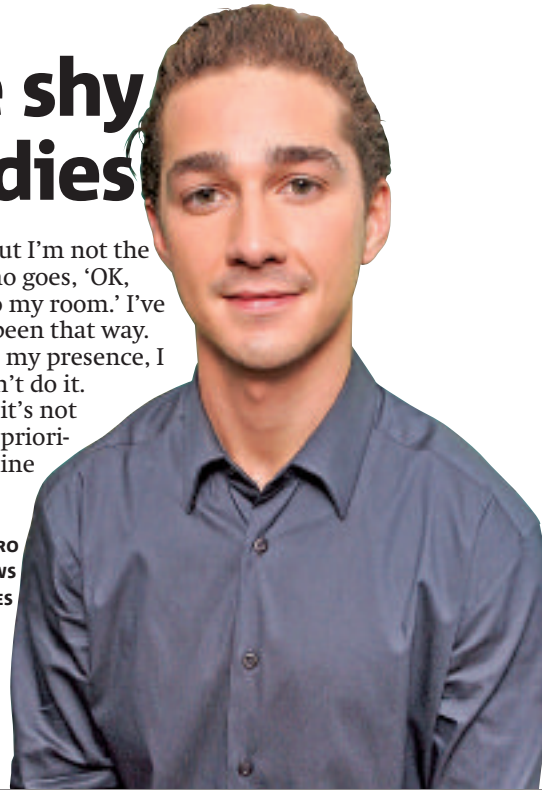
"I'm enjoying myself," he says.

"But I'm not great with women, dude. I'm not a closer. I can chat all night

long, but I'm not the guy who goes, 'OK, back to my room.' I've never been that way. It's not my presence, I just can't do it.

"But it's not been a priority of mine for a while."

METRO NEWS SERVICES



Knightley honest with ma about sex

FAMILY Actress Keira Knightley has revealed she talks frankly about sex with her mother, the Daily Mirror reports. Knightley, 23, described her playwright mother Sharman Macdonald, 57, as a "chilled-out hippy."

"Mum and I would always talk about sex," Knightley said. "She'd come up to my room, have me roll her cigarettes and then tell me I had to have one with her. It's not the typical mother-daughter thing."

METRO NEWS SERVICES



celebrity brief

'Homewrecker' seeking bailout

CAREER Sienna Miller has reportedly begged her married lover to help save her Hollywood career, femalefirst.co.uk reports.

The actress is said to be terrified film bosses will avoid working with her because she has been branded a "homewrecker" since she started dating actor Balthazar Getty.

Miller has reportedly asked Getty to try to convince his estranged wife Rosetta to release a statement confirming their marriage was over before he started dating Miller.

"Sienna is being portrayed as a femme fatale and fears for her career because Hollywood hates a

homewrecker," a source told Britain's News of the World. "She hopes Balthazar can get Rosetta to put out a statement saying their marriage was already over."

METRO NEWS SERVICES



Knight, partner thinking adoption

FAMILY Grey's Anatomy star TR Knight and his partner are reportedly planning to adopt a child, femalefirst.co.uk reports.

Just six months into their relationship, 35-year-old Knight and 19-year-old student Mark Cornelsen are exploring possibilities and watching closely as friends try to adopt a child.

"One of our friends is in the middle of it right now, and it's been fun to see the whole process," Cornelsen says.

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celebrity briefs

Minnie might dump daddy

RELATIONSHIPS Pregnant Minnie Driver had admitted she isn't sure if she will stay with her child's father, the Daily Mail reports. The actress — due any day now — hasn't revealed the baby's father. "I don't know if I'll stay with the guy," she said.

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It's solo status for Julia Stiles

RELATIONSHIPS The Bourne Ultimatum star Julia Stiles has split from her artist boyfriend Jonathan Kramer, imdb.com reports. The pair, who dated for more than two years, are citing "irreconcilable differences" for the breakup.

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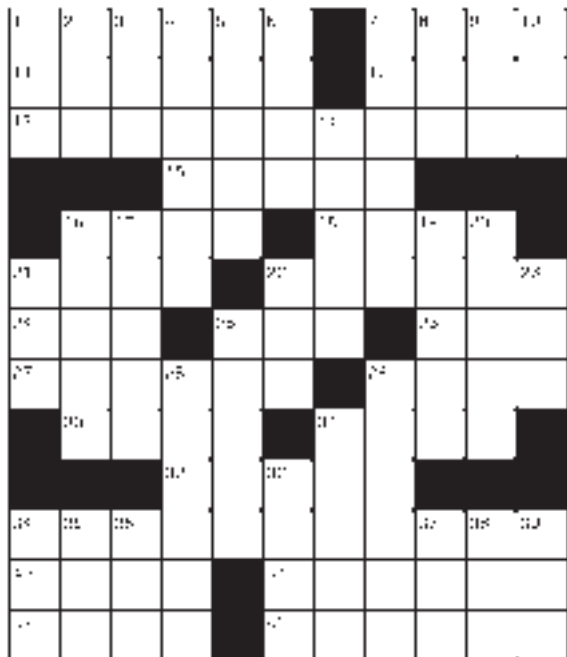
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Take Five



Crossword down

- | | |
|-----------------------|--------------------|
| 1 Dyeing need | 25 Tea additive |
| 2 Fire aftermath | 28 Designated |
| 3 Purpose | 29 Attacked |
| 4 Made a quick thrust | 31 Drop in on |
| 5 Pay for everyone | 33 Horne of music |
| 6 Puts in stitches | 34 Binary base |
| 7 Not matte | 35 Bunny move |
| 8 “— Town” | 36 Holiday lead-in |
| 9 Everything | 37 Rink surface |
| 10 Flop | 38 Collins base |
| 14 Exhausted | 39 Finish |
| 16 Vatican leaders | |
| 17 Start | |
| 19 Toys with tails | |
| 20 Horse sound | |
| 21 Lazy fellow | |
| 22 Pinnacle | |
| 23 “My word!” | |

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Crossword across

- | | |
|------------------------|------------------------|
| 1 Bank fixtures | 22 Stressful |
| 7 Incite | 24 Good times |
| 11 Promise | 25 Kind of milk |
| 12 Humdinger | 26 Sock part |
| 13 Christian Bale film | 27 Get together |
| 15 Nebula makeup | 29 Used to be |
| 16 Couplet creator | 30 Antlered animal |
| 18 Inquires | 31 Suit piece |
| 21 Investment choice | 32 Monty Python member |

previous day's answer



This day in history

AUG. 12, 30 B.C.: Cleopatra commits suicide after her lover Mark Antony's defeat at the battle of Actium.

AUG. 12, 1833: Chicago was founded.

AUG. 12, 1851: Isaac Singer granted a patent for his sewing machine.

AUG. 12, 1908: First Model T Ford built.

AUG. 12, 1964: South Africa is banned from the Olympic Games due to the country's racist policies.

AUG. 12, 1981: The IBM Personal Computer is released.

AUG. 12, 1990: Sue, the most complete skeleton of a *Tyrannosaurus rex*, is discovered near Faith, South Dakota.

HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

**SUDOKU SOLVE TIME
IN MINUTES:**

previous day's answer

7	4	3	5	9	6	1	2	8
5	9	6	1	2	8	4	7	3
8	2	1	7	4	3	6	9	5
4	7	2	9	5	1	8	3	6
3	6	5	4	8	2	7	1	9
9	1	8	6	3	7	5	4	2
6	3	4	2	1	5	9	8	7
2	5	9	8	7	4	3	6	1
1	8	7	3	6	9	2	5	4

Under 13..... Genius
13-17 Scholar

Sudoku

9	3						5	4
		7	9			2		
4			2		5			
6				7		1	4	
				1				
	2	5		3				6
			8		6			2
		8			1	6		
5	7						1	8

17-21..... Smart 25+ Keep practising
21-25..... Not bad **more games metronews.ca**




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Calgary weather

Afternoon




Variable.
21°

Tonight




Clear.
Low 11°

Wednesday




Showers.
21° / 9°

Thursday




Sunny.
23° / 8°

Friday



Mainly sunny.
24° / 11°



The Weather Network
theweathernetwork.com

Temperature Normals
High: 23.6°
Low: 9.1°

Records
High: 33.9°/1940
Low: 2.8°/1966

Sunrise: 6:18 a.m.
Sunset: 9:01 p.m.
Moonset: 1:21 a.m.
Moonrise: 7:14 p.m.

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19 - 2520 23rd St. NE
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245 - 225 7th Ave. SW
1 - 4623 Bow Trail SW
5 - 2008 33rd Ave. SW
12 - 9250 MacLeod Trail S
16061 MacLeod Trail S

SOUTHEAST

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1288 42nd Ave. SE
7845 Flint Rd. SE
4410 50th Ave. SE
255 28th St. SE
10836 24th St. SE
109S - 8500 MacLeod Trail SE
4949 Barlow Trail SE

Airdrie

2145 Summerfield Blvd.

Cochrane

4 - 201 Grand Blvd.
15 - 312 5th Ave. W

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